



Hailsham Harriers

October 2007

Gates and Sinnett Triumph at the John Faulds Hellingly 10k Road Race

The 23rd running of this event on the country roads of Hellingly, Magham Down and Cowbeech provided exiting racing in hot conditions with little breeze to cool the runners. There were 215 finishers and the initial lead was contested by Nigel Gates of Brighton & Hove City AC and Henry Mountcastle of Hastings AC with Nigel making the decisive break on a steep climb at 4k which increased to 41secs at the finish in a winning time of 34mins 02secs. Third was Geoff Gray in 35mins 44secs



The ladies race was a cracker with only 12secs covering the first three places. Ann Sinnett from Haywards Heath Harriers was triumphant in 40mins 05secs holding off the challenges of the two local Hailsham Harriers Gill Wheeler and Samantha Alvarez by 5secs and 12secs respectively. There were some great performances from other Harriers and these were as follows;
10th Andy Fessey 38mins 15secs, 12th Paul Payne 38mins 51secs, 23rd Gill Wheeler (2nd lady) 40mins 10secs, 25th Samantha Alvarez (3rd lady) 40mins 17secs, 28th Mike Ovens 40mins 39secs, 31st Roy Mellor 40mins 45secs, 33rd Dave Tyler 41mins 21secs, 34th Stephen Strudwick 41mins 31secs, 35th Dave Coulson 41mins 42secs, 44th Simeon Swift 42mins 09secs, 45th Fiona Bugler (5th lady) 42mins 14secs, 47th Jamie Tyler 42mins 23secs, 59th Sam Shanta 43mins 50secs, 75th Allen Grant 44mins 56secs, 81st, Stephen Webb 45mins 45secs, 83rd Annette Feakes (13th lady) 45mins 50secs, 102nd Steve Durie 47mins 55secs, 103rd Doug Chant 47mins 56secs, 107th Neil Gausden 48mins 05secs, 134th Graham Hollands 51mins 21secs, 200th Lesley Delea 1hr 01min 44secs, 202nd Janet Jefferies 1hr 01min.58secs.

In the Mens Team Awards 1st were Horsham Joggers with 53points, 2nd were Hailsham Harriers with 75 points with Seaford Striders 3rd on 76points.

In the Ladies Teams Awards Hailsham Harriers were 1st with 10points, Haywards Heath Harriers 2nd with 20points and 3rd Horsham Joggers on 38points.

Hailsham Harriers would like to thank all those volunteers who contributed to the success of the day and a special mention to the Red Cross and both Wealden District Council and East Sussex County Council Highways and their respective local works contractors who had road projects on the course but arranged for these to be cleared back to provide a road route through. Thanks also to the villagers of Hellingly for providing the hall and the fields for the finish and parking. It was very much appreciated and we hope to return in 2008"

Will Page Newick 10k

A number of Hailsham Harriers took part in the above race which was held in sunny but good conditions in the undulating country roads around Newick.

The quality field was soon headed by two runners David Wardle and John Creane from London Irish who were first and second in 31.min 30secs (new course record) and 33min 42secs respectively with Nigel Gates the first local runner giving chase in 35min 05sec.

The leading Harrier was Paul Eccles in 16th place and leading lady Fiona Bugler 3rd place and 44th overall.

Harriers results were as follows:

16th	Paul Eccles	38mins 16secs	
43rd	Mike Ovens	42mins.16secs	
44th	Fiona Bugler	42mins 16secs	3rd Lady
52nd	Paul Harris	42mins 35secs	
54th	Bill Fraser	42mins 59secs	
55th	Dave Coulson	43mins 03secs	
66th	Simeon Swift	43mins 27secs	
79th	Sam Shanta	44mins 34secs	
80th	Don Currie	44mins 37secs	
88th	Allen Grant	45mins 09secs	
103rd	John Taylor	46mins 10secs	
112th	Norman Harris	46mins 42secs	
218th	Lesley Underdown	56mins 28secs"	



Hove Prom 5



Race Postion	Women's result	Time	No.	Name		Cat.	Club
12		29 36	107	P Eccles	M	VM40	Hailsham Harriers
15		30 11	38	A Fessey	M	VM40	Hailsham Harriers
16		30 18	20	P Payne	M	SM	Hailsham Harriers
33	4	31 42	60	S Alvarez	F	SW	Hailsham Harriers
39		32 20	41	W Fraiser	M	VM50	Hailsham Harriers
45		33 00	49	D Coulson	M	VM40	Hailsham Harriers
55		33 57	129	S Shanta	M	VM50	Hailsham Harriers
69		35 22	126	D Chant	M	VM40	Hailsham Harriers

Looking forward to the XC season?

Dates of all races are now available at
www.sussexraces.co.uk

Harriers Paalauf Competition

Hailsham Harriers ended their summer track competition with a team event known as the paalauf (which means speed play). This required two members to each team with mixed ability so that the overall teams were well matched to participate over a 400metre track for a designated period of time which is only known to the timekeeper but this turned out to be 20minutes of running. The lead member of the team runs hard for the first 200metres and hands over relay style to their team mate who completes the other 200metres and then back to the original team runner. Each member has a short recovery across the centre of the track to be ready for their next run. The aim is for each team to run as far as they can before the time whistle is sounded to call a halt and the winner is the team which has competed the furthest distance. Five teams participated and the racing proved exciting with a change of leader only happening some three minutes before the final whistle.

The results are as follows;

	Distance covered
1st Jamie Tyler and Norman Harris	7,000metres
2nd Don Currie and Annette Feakes	6,980metres
3rd Steve Delea and Frances Delves	6,650metres
4th Dave Tyler and Lesley Underdown	6,260metres
5th Andy Ruffell and Eleanor Ruffell	4,950metres

If you have had a great run or running related triumph (or you know of someone else in the club who has) then please let me know
andyfessey@hailsham-harriers.org.uk

Reminder

Please remember to send all new club records to Geoff Depper
geoff.depper@hailsham-harriers.org.uk